EQUIPMENT HELPS

Advice to Milady by Lydia Lane

On Never-Ending Quest of Beauty

HOLLYWOOD — Many a search for new personalities has been made by movie studios, but none was more extensive or international than the one to find the star for "The Diary of Anne Frank." More than 10,000 applications were received, hundreds were interviewed and the finalists were tested.

"When I was told I had the role," Millie Perkins told me, "I had to promise not to tell anyone—not even my family. I had to wait 15 days until it was formally announced."

Millie looked at me with her heavily fringed hazel eyes and added, "That wasn't easy." In response to my compliment about her beautiful eyelashes she remarked: "They're often taken for artificial."

"Have you done anything to encourage their growth?" I inquired.

"I use oil or petroleum jelly on them and I brush them, too," she replied.

"My skin is sensitive and before I pluck any stray eyebrows I always put a hot cloth over them to open the pores and make them easier to tweeze. They say that the heat brings up the circulation and this helps lashes to grow."

Millie, with no previous acting experience, was before the cameras for six months at 20th Century-Fox.

"I had to wear make-up for the picture, but I was very careful to remove all of it every night. First I used a mineral oil, and then I washed my face with soap and water. I put hot cloths over my face and then closed the pores with cold water. Several times a week I mixed salt in the soapsuds and scrubbed my face. This made a friction that helped to keep the pores from clogging."

Millie and I were lunching beneath a window in the commissary and in the noonday sun it was apparent that her cleansing routine had been very effective. Her skin was clear and fine-grained.

NO DIET

Millie is very slim, and so I was surprised when the waitress brought her a cottage cheese and fruit salad. I asked her if she were dieting.

"No," she said quickly. "I weigh only 108 pounds and I'm five-five. I just like cottage cheese, and it's healthful. My mother made a big thing of healthful food, and all of us grew up eating things such as whole-grain breads. We seldom had candy. But I took her well-balanced meals for granted. When I came to California, and she wasn't with me to see what I ate, I didn't pay much attention to meals.

"Experience is the best teacher," she went on. "I wouldn't have believed that food could make such a difference. After a while I was tired all the time. I couldn't sleep, and I didn't look well. So I decided I wouldn't take a good thing for granted again, and I began to eat the right foods and pay attention to vitamins. That's one reason I'm eating a health salad now."

Millie talked of her life back east and of her family, which is large and closely knit.

"We didn't have many friends outside our little circle, so when I came to Hollywood I found it very difficult to feel at ease with strangers. I was terribly nervous, and I really had to work to learn how to relax."

Millie sat there eating so slowly and talking in such a soft voice that I was surprised that tensions were a problem with her.

"Don't let a calm exterior fool you," she said, making a fist of her pretty little hand. "It's being tied up like this inside that does the damage. But I've found exercising and working at a hobby are my most effective ways of releasing tension. I go to a ballet class, and after a good workout and a hot bath I feel much better. When I want to get my mind off a problem, I draw. But the only trouble with this is that once I start a sketch I want to finish it."

"I had expected to find you quite different," I told Millie in parting. "I'd heard you were modelling in Paris when the news came that you'd been chosen to play Anne Frank. Somehow I expected to find a much more sophisticated type."

"I was a junior model," Millie explained, "and I was never chosen for extreme fashions or anything with obvious sex appeal. And as for Paris," she added, "I loved it. I was visiting with friends of the family."

MILLIE PERKINS
. . . "DIDN'T HAVE MANY FRIENDS!"